

Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

2015 Fall Session- LAND EXERCISE CLASSES

Registration starts on Monday, August 10th, at 8:00 am

Check website for class descriptions. All classes are 1 hour (unless otherwise noted.)

Monday	Tuesday	Wednesday	Thursday	
9:30 a.m.: Fit & Fabulous Seniors \$65.40 (45 mins.) 1	7:00 a.m. Kettlebells \$65.40 (45 mins) 24		9:00 a.m.: Senior Wake up & Dance \$39.00 (30 mins) 17	
9:30 a.m.: Tai Chi \$65.40 2	9:00 a.m.: Pilates \$65.40 (45 mins) 7	10:30 a.m.: Fit & Fabulous Seniors (45 mins.) \$65.40 12	10:00 a.m.: Healthy Back \$72.00 18	
10:30 a.m.: Yoga \$95.10 (1 hr., 15 min.) 3	10:00 a.m.: Healthy Back \$65.40 8			
12:15 p.m. Yoga \$35.70 (30 mins) 22	12:15 p.m.: Core & Stretch \$35.70 (30 Min.) 9	12:15 p.m.: Lunch Time Dance Party \$35.70 (30 min.) 13	12:15 p.m.: Intense Body Transformation \$39.00 (30 mins) 19	
5:30 p.m.: SPIN-CAMP 1 hr, 15 mins (½ hr Spinning + 45 min Boot Camp) \$95.10 4	1:15 p.m.: EXTREME CONDITIONING \$35.70 (30 Min.) 25		4:30 p.m.: Yin Yoga \$58.80 (no class 10/8, 11/12) 20	
6:30 p.m.: EXTREME CONDITIONING \$65.40 5	7:00 p.m. ZUMBA \$65.40 10	6:30 p.m.: EXTREME CONDITIONING \$65.40 15	5:30 p.m.: Yoga \$58.80 (no class 10/8, 11/12) 21	Personal training available for all facility members. Please contact David Graziosi for more information. dgraziosi@nassaucountyny.gov 516-572-0520
7:00 p.m.: INSANITY \$65.40 23	7:00 p.m.: Triathlon Training Day 1 of 2 \$188.10 (1 hr, 30 mins) 6	6:45 p.m. SPINNING \$65.40 (45 Min.) 14	7:00 p.m.: Triathlon Training Day 2 of 2 (1 hr, 30 mins) 6	

Classes will be cancelled if enrollment numbers do not meet at least half the full class size.

DATES		
Mon.:	Starts: 9/14- Last Class: 11/16	9 weeks (no class 10/12) (unless otherwise noted on the indiv. class)
Tues.:	Starts: 9/15 - Last Class: 11/17	9 weeks (no class 11/3) (unless otherwise noted on the indiv. class)
Wed.:	Starts: 9/16 - Last Class: 11/18	9 weeks (no class 11/11) (unless otherwise noted on the indiv. class)
Thurs.:	Starts: 9/17 - Last Class: 11/19	10 weeks (unless otherwise noted on the indiv. class)
Note: a \$6.00 non-refundable registration fee is included in the price of each class		



NASSAU COUNTY EXECUTIVE
ED MANGANO